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Community *notes*

CPR Training

When an adult goes into Sudden Cardiac Arrest (SCA), his or her survival depends on immediately getting cardiopulmonary resuscitation (CPR) from someone nearby. 88% of all cardiac arrests occur at home or work; and according to the American Heart Association, nationwide less than 1/3 of those who suffer cardiac arrest at home, work, or in a public place receive CPR. You can learn how to improve someone's survival chances:

- **Get trained in CPR!** Sign up to attend a Hands-Only CPR class and learn how to save the life of someone in cardiac arrest.
- **Spread the word!** Tell your family, friends, and co-workers about our program and download the PulsePoint app today: www.pulsepoint.org/download
- **Help save a life!** When SCA happens, act fast! Call 911 and begin CPR until help arrives.

Howard County Department of Fire and Rescue Services (HCDFRS) offers Hands-Only CPR training at no cost.

June 7: 6:00 – 8:00 p.m. at PSTC
June 29: 6:00 – 8:00 p.m. at Gateway
July 13: 6:00 – 8:00 p.m. at Gateway
August 11: 6:00 – 8:00 p.m. at PSTC
August 24: 6:00 – 8:00 p.m. at Gateway
September 20: 6 p.m. – 8 p.m. at Gateway

Gateway = HCDFRS Headquarters, 6751 Columbia Gateway Drive, Suite 400, Columbia, MD 21046

PSTC = Public Safety Training Center, 2200 Scott Wheeler Drive, Marriottsville, MD 21104

For HCDFRS CPR Classes, [sign-up here](#).

Greeting

There are many opportunities to learn something new and experience something fun. Enjoy all that our community has to offer!

May Kay

Howard County Family Institute Workshops

Prepare to Care: Family Shared Aging Options

This workshop is designed to help adults balancing care for their children and aging parents. You'll discover: • How to Start the Conversation • Ways to Assess Needs • Services to Assist with Aging in Place • How to Design a Plan for Assisted Living & Nursing Facility Options

If summer vacation includes time spent with family, find out before you go, what topics you should bring up with your aging parents!

Tuesday, June 7, 6:30 – 8:30 p.m.

East Columbia 50+ Center, 6600 Cradlerock Way, Columbia

FREE. Space is limited; pre-registration is required

Register [online](#) or by phone (voice/relay): 410-313-1440

"There's An App for That"

Summer vacation is around the corner and with more free time, children can have long periods of technology time. Learn about today's newest apps and how they're changing the social media world for teens. Learn how to develop a toolkit for you and your teen for responsible sharing of information. Parents will have an opportunity to take part in an open discussion.

Thursday, June 9, 6:30 - 8:15 p.m.

Where: East Columbia 50+ Center, 6600 Cradlerock Way, Columbia

FREE; space is limited; pre-registration is required

Online [registration](#) or by phone (voice/relay): 410-313-1440

Columbia Festival of the Arts Presents: Silk Road Stories

Columbia Festival of the Arts presents its summer festival, *Silk Road Stories* from Friday, June 10 through Sunday, June 26. Experience dynamic events at this season's most unique arts festival. Visit the [website](#) for all the details.

Stoop Storytelling Series

Friday, June 10, 8:00 —10:00 p.m.

Owen Brown Interfaith Center

7246 Cradlerock Way, Columbia, MD 21045

With the theme "Stories from Abroad" - Stoop shows are intimate and surprising, wonderful and weird, hilarious and heartbreaking...and a few individuals will be invited from the audience. [Tickets](#) are \$15.00 per person.

Sejoon Park, Classic Pianist

Saturday, June 11, 8:00 —9:30 p.m.

Horowitz Center, Howard Community College, Tickets: \$18.00

Born to cellist parents in Seoul, Korea, and made his debut with Korea's Busan Philharmonic Orchestra at the age of ten, Sejoon trained at Julliard and was winner of Astral's 2014 National Auditions.

The Sundance Film Festival Shorts On Tour

June 12 at 1:00 & 4:00 p.m. (talk-backs to follow), Horowitz Center, Howard Community College, Tickets: \$18.00

Showcasing a wide variety of story and style, the 2016 Sundance Film Festival Short Film Tour is a 95-minute theatrical program of eight short films selected from this year's Festival, which over the course of its more than 30-year history has been widely considered the premier showcase for short films and the launchpad for many now-prominent independent filmmakers.

Arts Council Open Studios & Improv

June 16 at 6:00 p.m., Howard County Center for the Arts, Free
Resident Artists' Open Studios, 7:00 - 8:00 p.m., All-County
Improv Performance 6:30 - 7:15 p.m.

Koresh Dance Company: Mezze

June 17 at 8:00 p.m., Jim Rouse Theatre, \$45/\$40/\$30

Internationally-acclaimed modern dance company hailed by Philadelphia Inquirer as, "typically turbocharged-because when the dust settles after a Koresh concert, you must leave bedazzled."

Bollywood Spectacular! Mystic India: The World Tour

June 18 at 8pm, Jim Rouse Theatre, \$55/\$45/\$35

Featuring renowned Indian musicians, dancers, aerialists, and acrobats, and 750 opulent costumes, Urban Asia said of this this, "few spectacles are so global in appeal."



Orson Welles/Shylock

A Docu-Fantasy Radio Play by Matt Chiorini

June 24 at 8pm and June 26 at 1pm, Horowitz Center at Howard Community College, \$20

This new and highly original "Docu-Fantasy Radio Play" described by one critic as "endlessly entertaining...takes listeners on a roller coaster ride through time, space, and the mind of Orson Welles."

Debut of the Columbia Film Festival!

June 24 at 7pm and June 25 from 10 to 6pm, Horowitz Center at Howard Community College, \$15

The Festival will produce original films from all over the world. Audiences will also take part in choosing who gets the "Audience Choice Award," "Best of Fest Award," and "Best Director."

3 Course Concert with Nistha Raj and Christylez Bacon: A Night of Indian Food, Drink and Music

June 25 at 7pm, Horowitz Center at Howard Community College, \$45 (includes food) Enjoy three courses of Indian-inspired food and drink and three full sets of unforgettable music by Hindustani violinist Nistha Raj and DC-based, Grammy-nominated hip-hop artist Christylez Bacon!

Novelist Nadia Hashimi - "Refugees on the Silk Road"

In Co-Production with the Howard County Poetry and Literature Society

June 26 at 4pm, Horowitz Center at Howard Community College

Hashimi will also offer audiences a sneak peek at her new novel, coming out in August, about women in today's Afghanistan imprisoned for breaking social rules.

"LakeFest" has now moved to Merriweather Park at Symphony Woods. Enjoy the showcase of talent at [Weekend In The Woods](#) (Saturday, June 18 from 10:00 a.m. to 6:00 p.m. and Sunday, June 19, from 12:00 to 6:00 p.m.) This family friendly FREE event packs two days full of live music, kids' entertainment and crafts, strolling performers, food, and activities for all ages.

Reminders: Events This Week

Capital Jazz Fest

The [24th Annual Capital Jazz Festival](#) takes place at Merriweather Post Pavilion this weekend, Friday, June 3 through Sunday, June 5. As always, a large crowd is expected to enjoy the musical performances. Please plan your travel in and around Downtown Columbia accordingly.

STEM Festival

Join in the learning and the fun at Howard County's Annual [Science, Technology, Engineering and Math](#) Festival, Sunday, June 5, 1:00 - 5:00 p.m., at Howard Community College. Admittance is free and open to all ages. Presenters include representatives from NASA, Science Cheerleaders, US Air Force, Society of Hispanic Professional Engineers, Urban Video Game Association, Society of Motion Picture and Television Engineers, and Olney Theatre.

Family Fun Day

Howard County hosts Family Fun Day on Sunday, June 5, 10:00 a.m. - 3:00 p.m. at Centennial Park. This free event features activities which promote good health and wellness for the entire family. Enjoy games and food tastings, as well as health screenings and the 4th annual Pump A Thon. For more information, visit the [website](#).

Southern Howard County Civic Association

The Southern Howard County Civic Association is holding a meeting on June 7 at 6:30 p.m. at the North Laurel Community Center (9411 Whiskey Bottom Road, North Laurel). Guest speakers include Mark DeLuca from the Bureau of Environmental Services, and Meagan Braganca of the Sierra Club. Questions can be directed to Bibi H. Perrotte-Foston at 240-786-5747.

ARTreach Festival 2016

ARTreach, a free community arts festival, returns to Long Reach Village Center in Columbia on Saturday, June 11, 11:00 a.m. - 4:00 p.m. From world music to watercolor, there's something for everyone: enjoy live music by regional performing artists; try hands-on arts activities; and meet a variety of artists while they demonstrate their craft. Interact with performers, face painters, and more. For more information on this year's activities, consult the [ARTreach website](#).



News from Howard County Recycling

Picnic Tips... Less is best!

If you're having a picnic or party, don't forget the 4Rs:

Reduce the volume of trash created

Reuse materials

Recycle as much as possible

Respond by thinking about the environment when shopping and set an example for others!

Remember to:

Buy bulk food items to **Reduce** the amount of packaging.

Use plates, glasses, napkins, dinnerware and tablecloths that may be washed and **Reused** (Your guests will be surprised and honored). Many disposable plates, cups and silverware items are durable and can be placed in your dishwasher.

Respond and encourage guests to recycle at your picnic. Tell people where to place empty plastic bottles, aluminum cans and glass bottles & jars. Your picnic may convince one more person to start recycling!

Recycle your picnic recyclables in your blue recycling container or place marked see-through bags throughout the yard that your guests can identify. All you have to do is put the bags or container out for collection on your next recycling day!

Grasscycle!

Cutting the grass is a part of everyone's summer chores, but here are some tips on how to save time, energy and the environment!

Try GrassCycling - leaving the grass clippings on your lawn as you mow to recycle naturally. Grasscycling is a gentle way to release nitrogen gradually on your lawn. It also saves you from bagging and dragging your grass clippings to the curb for pickup. For more information, visit the [Grasscycling](#) webpage.

Capital & Operating Budgets- Fiscal Year 2017

On Thursday, May 26, the County Council approved the proposed Fiscal Year 2017 capital and operating budgets. Detailed information is available on the County Administration's [budget webpage](#).



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